



YOU
at COLLEGE

The Well-Being Platform for Higher Education

Personalized wellness for your entire campus — 24/7.

Our Impact



100% of students agreed that the YOU platform is a **valuable tool**

93% of students said the resources are **relevant to their identity(ies)**

69% of students **learned a new skill** (77% among students of color)

82% of students who learned a new skill have **practiced that skill**

TOP SKILLS LEARNED: **PRODUCTIVE STUDY HABITS**

CAREER GOAL SETTING

STRESS MANAGEMENT

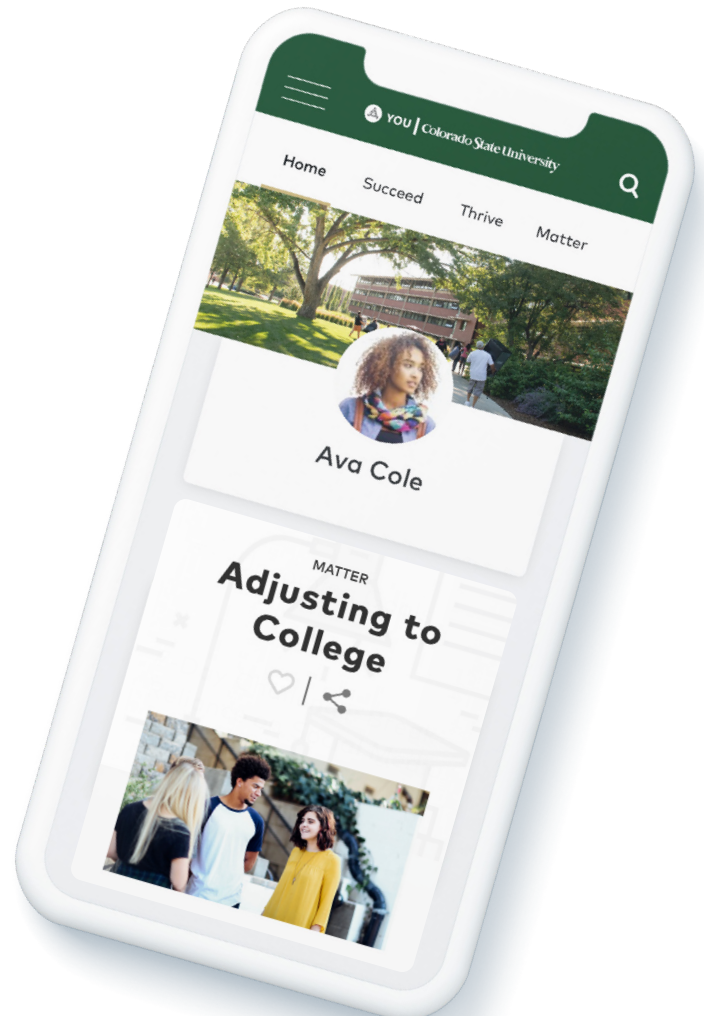
Independent Evaluation: YOU Pilot Assessment, CSU Fullerton, Spring 2020

What Students are Saying about YOU

"I enjoyed how this portal is able to **adapt and customize** to my experiences/needs and provide me resources for what I am struggling with at the time."
- Student Body Government Representative

"Everyone is going through something, so it helps to know that wherever we are in our college years, we can always have this website to go to for a **self-help** resource." - Student Leader

"This website has been an **excellent resource** and is **incredibly helpful**. All of the advice given was positive and insightful, and I've started looking into a few of the resources offered." - Senior Physics Student



Bring YOU to Your Campus

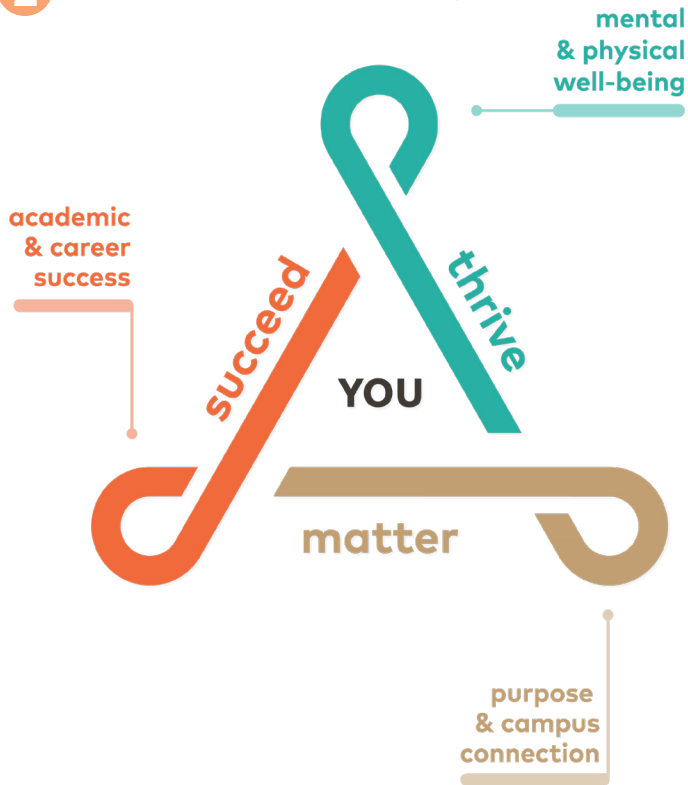
Request a demo, discuss partnerships, and learn about our research.

YOUatCollege.com

inquiries@gritdigitalhealth.com

How YOU Supports Campus Well-Being

- 1 Anonymous and available 24/7/365
- 2 A comprehensive well-being model



- 3 Connects to the right supports at the right time, **increasing efficacy and reach** of existing campus resources
- 4 Serves as a **cross-department initiative** to bolster student resilience, well-being and success
- 5 Supports counseling centers in **meeting increasing demand** for services
- 6 Leads to happier, healthier and more successful students, **supporting retention initiatives**

YOU for Faculty and Staff

The first well-being platform to address the unique well-being needs of faculty and staff, bolstering skills in supporting students, while expanding the reach of HR supports

120+ Campus Partners

YOU is at university systems, as well as public, private, professional and community colleges ranging in size from 200-100,000 students.

2,500+ Pieces of Content

Vetted by psychologists, higher education experts and students.

That Discomfort You're Feeling is Grief
Loss of normalcy. Fears of the economic toll. Loss of connection. And more. Those feelings you may be experiencing are grief, and if you can name it...

"What I have learned as a first-generation college student"
Stereotypes have the ability to foster a way of thinking that is detrimental to one's development, but simply knowing these facts can mitigate...

Need Help Now?
Did your world stop making sense? Feel like nothing will change? Stuck? Or need help with a friend in crisis?
Try one of the options b...

Interns: The Office Glue

Attention and Retention
Your final exam is tomorrow. It's 5am and once again you're flipping the same deck of flash

Get Social with YOU

